



# MASSACHUSETTS YOUTH SOCCER



**GOAL** Improve build up on own half to create scoring chances - 2

**Key Qualities** Take initiative, make decisions

**Age Group** 14-U

**Team Tactical Principles** Pass forward, Spread out, Create passing options

## PLAY - SMALL SIDED GAMES

**Objective:** Play the game. Each team is working to outscore the opponent.

**Organization:** Make two 25Wx35L fields, a small goal at each end. As players arrive start playing a game. Play games up to 4v4. Play 3 minute games with a 1 minute in between games of active rest with dynamic stretching.

**Rules:** All FIFA laws apply.

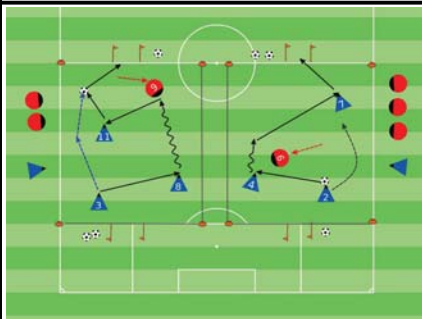


**Key Words:** Get to open space to receive a pass, support your teammate with the ball, make an opening

**Guided Questions:** When can you engage a player in conversation? How can you give players more responsibility?

**Answers:** Touch base with a player in conversation as soon as they arrive to the field. Continue developing a rapport with them. Have the players set up the small sided games, pick teams and manage the rules.

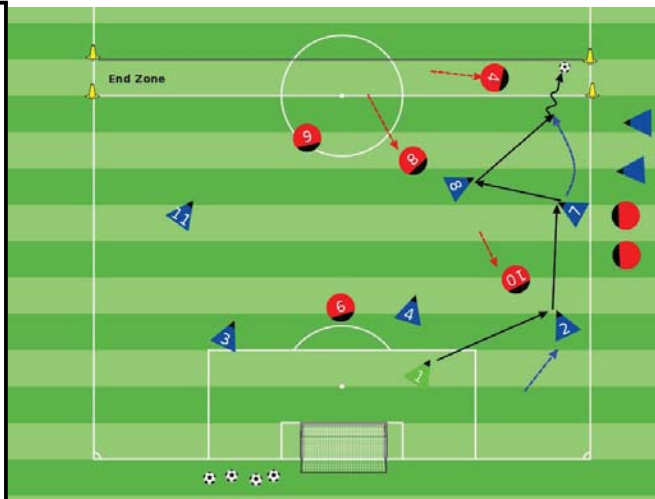
## PRACTICE - CORE ACTIVITY



### Less Challenging Activity

**Organization:** Make 2 fields 25Wx35L. Small goal on each endline. One field is Blue #'s 2,4,7 vs Red #9. Other field is Blue #'s 3,6,11 vs Red #6.

**Rules:** Play 3v1. The 3 Blue players must combine before they can score. 3 min games with 2 min rest. Rotate the players after each game.

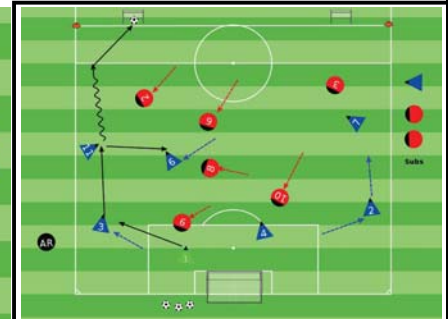


**Activity Duration** 24 min

**# of Intervals** 4

**Time Active** 4 min

**Active Rest** 2 min



### More Challenging Activity

**Organization:** Make a field that is 55Wx50L w/ a goal on the endline and 2 small counter goals. Play 7v6. Blue #'s 1, 2, 3, 4, 6, 7, 11 vs Red #'s 2, 3, 6, 8, 9, 10.

**Rules:** Red scores in the big goal, Blue scores in the 2 small counter goals. All FIFA Laws apply.

**Objective:** Possess the ball using flank players and flanks areas to move the ball into the attacking half.

**Organization:** On a 55Wx50L field, a regular goal on one endline and an 5yd end zone at midfield. Play a 7v5 game. Blue team player #'s 1, 2, 3, 4, 7, 8, 11. Red team player #'s 4, 6, 8, 9, 10. Red #4 acts as an end zone defender. See diagram.

**Rules:** Start play with Blue team GK #1. Blue scores by playing into the end zone past the defender. Red scores on the big goal. All FIFA Laws apply.

**Key Words:** Support behind, to the side, or forward of the ball, get wide, create an opening, find an opening, keep possession.

**Guided Questions:** Why should players look to play the ball wide to move the ball forward?  
What shows you the activity is working?

**Answers:** Play the ball wide to exploit the openings on the flanks. Players are finding the openings in the flanks areas to teammates to keep the ball and move it forward.

## PLAY - LET THEM PLAY

**Organization:** On a 55Wx80L field and a goal at each end, play an 8v8 game. Blue team plays 1-3-3-1 and the red team plays 1-3-3-1. (Play 2 x 10 min halves with a 2 min halftime)

**Rules:** All FIFA laws apply.



**Key Words:** Get wide quickly, play through safe openings, keep the ball

**Guided Questions:** How can you tell the training session was effective for the players? What can you say to encourage players?

**Answers:** Players are maintaining possession using wide areas to move the ball forward into the attacking half to score goals. Keep feedback positively focused on successful completion of the training objectives.